

# FITNESS STATIONS



**Sit  
Up**

**Hop  
Over**

**Straddle  
Jump**

**Toe  
Touch**

Canton  
Garden  
Center

**Leg  
Press**

**Body  
Pull**

**Leg  
Over**

**Knee  
Grip**

Stadium Park  
1615 Stadium Park Drive

**Body  
Tuck &  
Beam**

**Push  
Off**

**Toe  
Reach**

**Ladder**

**Heel  
Flex**

**Hip  
Flex**

**Pull  
Ups**

Herbert Fisher Walking Track  
1.5 mile loop

